**Master Wellness Program**

If one of your New Year’s resolutions is to be a part of something big or make a difference in your community, do we have an opportunity for you. We are looking for some help.

In the United States, 86% of all health spending is related to chronic conditions – things like diabetes, high blood pressure, high cholesterol and many others. According to the Centers for Disease Control and Prevention, these costs can be managed and potentially reduced through education and lifestyle modification.

Texas A&M AgriLife Extension Service in Comanche County is seeking participants to start a Master Wellness Volunteer Program. Master Wellness Volunteers (MWV) undergo 40 hours of training on health, nutrition and food safety and are then empowered to provide outreach and education, helping reduce the burden of chronic conditions in Texans and Texas’ communities. Not a health professional? Not a problem! We welcome participation from anyone interested in promoting health and wellness: college students, employees, retirees – anyone!

Opportunities to serve are wide-ranging: giving presentations for local community groups, assisting with healthy cooking demonstrations, participating in health fairs and much more. Because each community is different, MWVs work with the County Extension Agent and other stakeholders to identify needs and opportunities to help make a local difference. Because MWVs come from diverse backgrounds, they’re often able to identify novel topics, audiences and resources in the area.

In January 2019, Texas A&M AgriLife Extension Service will convene a statewide training for Master Wellness Volunteers. Two in-person sessions will be held at a local county Extension office; the rest of the training will be conducted online. It’s never been easier to give back to your community!

For more information about the Master Wellness Volunteer Program, visit <http://agrilife.org/mwv> . For more information regarding the statewide training, send an email to [mwv@ag.tamu.edu](mailto:mwv@ag.tamu.edu) with your contact information or give us a call at the office 325-356-2539.